

Stress Relief and Self-Massage Techniques

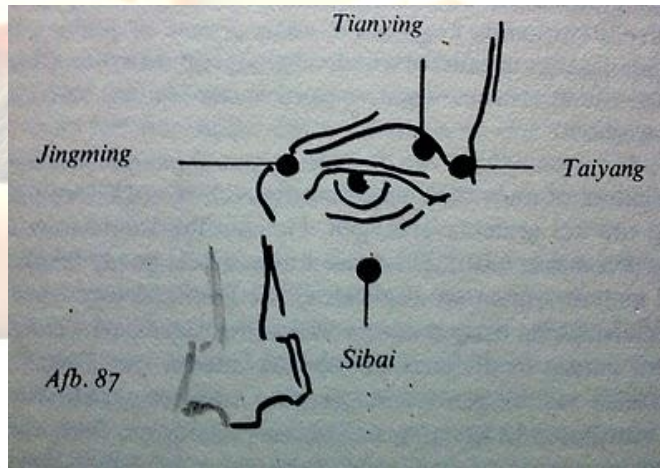
By Kristen Tammaro LMT

Now lets learn how we can relieve stress instantaneously!

Massage Therapy to Relieve Tired Eyes

This is a great technique for those that are looking at a computer all day.

- Close your eyes. Place your thumbs under your eyebrows, starting at the inside corner of each eye socket. Press and gently push your thumbs upwards for 15-25 seconds. Repeat 3 times. You can also make small circular

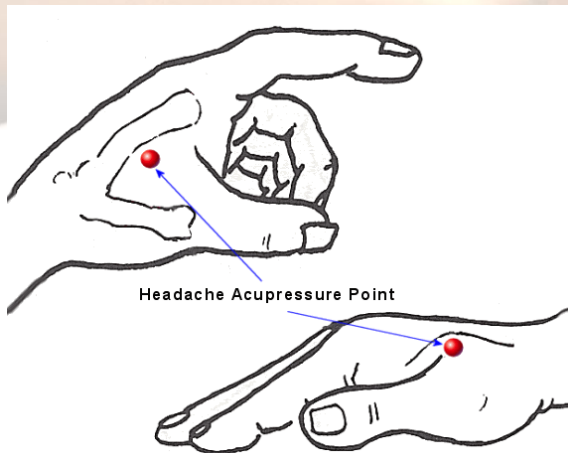


motions.

Massage Therapy to Ease Headaches and Tension

- Start by placing your thumbs on your cheekbones close to your ears, and use your fingertips to gently apply pressure and rub your temples (the soft spot between the corner of your eye and your ear). Using very firm pressure and a tiny circular motion, gradually move your fingers up along your hairline until they meet in the middle of your forehead.

- To relieve headaches that start at the base of the skull, place your hands around the back of your neck so your thumbs are pointing towards the floor and resting on the sides of your neck. Use your index and middle finger to gently make circular motions at the base of your skull, this area is referred to as the occipital ridge. You should be able to feel a ridge like bump along the skull. This is where there are many attachment points for your neck muscles and can be the area where tension or stress headaches begin.
- Rest your hand, palm upward, on your lap. Use your other hand to squeeze the fleshy part of your palm between your thumb and index finger. This is a great way to give some TLC to those hard working hands. Repeat on the other hand.
- Now turn your hand palm facing down and squeeze that web or fleshy part of your hand located between your thumb and index finger. You will find several tender points here. You may also find a tender spot that is associated with pain behind the eye socket. This is a GREAT point to do for stressful situations or if you feel a headache coming on.



Massage Therapy to Relax the Hands

Here are several moves that will relieve the strain from pounding the keyboard all day.

Relaxation Works Massage 120A Summer St. Taunton, MA

- Stretch your hands and fingers out. Rub each finger from the base to the tip, gently pulling and twisting each finger as you go. Be gentle but firm.

"Massaging the hands is not only great for the hands but it contain reflexology points just like the feet do. So you are giving yourself a reflexology treatment at the same time you are relieving your stress.

